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Friday 29 April 2022

Dear Parent/Carer,

### **Jigsaw PSHE – Changing Me**

This year, we have continued to implement the Jigsaw PSHE (Personal, Social and Health Education) Programme across our school.

The lessons that your child has taken part in through the year have built their emotional literacy, self-esteem and knowledge of who they are and how they relate to each other and the world in a positive and healthy way. We are sure you will have heard about the Jigsaw Friends and Calm Me time.

The Summer Term Puzzles (units) are about Relationships (unit 1) and Changing Me (unit 2) and they cover all areas of statutory requirements for the delivery of health and Relationships education which came into place for schools to follow from September 2020.

As a school, we believe that knowledge empowers and protects children as long as it is age appropriate. Therefore, we have taken the decision to continue to teach Sex Education to our children, even though it is not a requirement for primary schools to do so. The Changing Me Puzzle includes, in every year group, two or three lessons to help children understand the changes puberty brings and how human reproduction happens. There is a very serious safeguarding aspect to this work; obviously, the younger year groups are not looking at these issues directly and explicitly, but rather learning correct terminology for body parts and doing the foundation work for learning that will follow in later year groups.

Puberty is introduced gently in Y3 because some girls may start their periods this early and it is necessary to prepare them for this, so they aren't scared or worried. Conception is introduced age-appropriately in Y4 in the context of understanding why our bodies change during puberty. Understanding of Human Reproduction, conception and puberty is built upon in Year 5 and then puberty, conception and childbirth is age-appropriately covered in Y6.

In the table below, you can see a summary in respect to what is taught relating to Puberty (in black) and Human reproduction (in red).

<b>Puberty and Human Reproduction in Jigsaw 3-11</b>		
FS	Growing Up	How we have changed since we were babies
Y1	My changing body	Understanding that growing and changing is natural and happens to everybody at different rates
	Boys' and girls' bodies	Appreciating the parts of the body that make us different and using the correct names for them
Y2	The changing me	Where am I on the journey from young to old, and what changes can I be proud of?
	Boys and girls	Differences between boys and girls – how do we feel about them? Which parts of me are private?
Y3	Outside body changes	How our bodies need to change so they can make babies when we grow up – outside changes and how we feel about them
	Inside body changes	How our bodies need to change so they can make babies when we grow up – inside changes and how we feel about them (animations used – shorter version Female and Male Reproductive Systems)

## Puberty and Human Reproduction in Jigsaw 3-11

Y4	Having a baby	The choice to have a baby, the parts of men and women that make babies and – in simple terms – <b>how this happens</b> (animations used – the Female Reproductive System)
	Girls and puberty	How a girl's body changes so that she can have a baby when she's an adult – including menstruation (animations used – the Female Reproductive System)
Y5	Puberty for girls	Physical changes and feelings about them – importance of looking after yourself (animations used – the Female Reproductive System)
	Puberty for boys	Developing understanding of changes for both sexes – reassurance and exploring feelings (animations used – the Male Reproductive System)
	Conception	<b>Understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of a new life</b> (animations used – the Female and Male Reproductive Systems)
Y6	Puberty	Consolidating understanding of physical and emotional changes and how they affect <b>US</b> (animations used – the Female and Male Reproductive Systems)
	Girl talk / boy talk	A chance to ask questions and reflect ( <b>single sex</b> ) (animations used – the Female and Male Reproductive Systems)
	Conception to birth	<b>The story of pregnancy and birth</b> (animations used – the Female and Male Reproductive Systems)

Where parents/carers once had the choice to remove their child from all Sex Education lessons each year, following updated statutory guidance for Health and Relationships Education coming into place in September 2020, the vast majority of what is now required of schools is **statutory** (compulsory) and must be taught to all pupils. You cannot withdraw your child from Relationships and Health Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

Parents/carers do have the right to withdraw their child/children from any lessons which cover Human Reproduction, and this content is shown in red in the table above. However, we do, as always, want to work in partnership with parents and carers and we hope that you, like us, will see the materials in Jigsaw as educationally sound and beneficial to our children.

If you would like to see the Jigsaw teaching resources that we will be using, please email your child's class teacher who will then arrange a convenient time for you to meet in order to ask any questions you may have.

Should you have any questions, please don't hesitate to contact me at: [sarah-jane.tustain@psmps.co.uk](mailto:sarah-jane.tustain@psmps.co.uk)

Kind regards



Mrs Sarah Jane Tustain  
Head teacher

